



Chocolate Boxes with Raspberry Mousse

 Gluten Free

READY IN



47 min.

SERVINGS



8

CALORIES



1350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounce candy coating disks
- 48 chocolate dark thin (square shape)
- 1 envelope gelatin powder unflavored
- 1 tablespoon juice of lemon
- 8 servings mint leaves fresh
- 12 ounce raspberries fresh
- 1 cup sugar
- 3 tablespoons water boiling

- 3 tablespoons water cold
- 1 cup whipping cream

Equipment

- food processor
- bowl
- sieve
- blender
- wax paper
- microwave

Directions

- Microwave candy coating in a glass bowl at HIGH 1 1/2 to 2 minutes or until melted, stirring every 30 seconds.
- Place 1 thin mint on piece of wax paper. Dip edge of another mint into melted chocolate; adhere dipped edge to adjacent side of first mint. Hold in place 5 to 6 seconds to set. Repeat with remaining 2 sides of box.
- Place 1 thin mint on wax paper; brush edges with melted chocolate.
- Place box over mint square; hold in place 5 to 6 seconds to set. Repeat with remaining thin mints and melted chocolate. Set aside.
- Process 1 package raspberries and sugar in a blender or food processor until smooth, stopping to scrape down sides.
- Pour mixture through a fine wire-mesh strainer into a bowl, using the back of a spoon to squeeze out juice. Discard pulp and seeds.
- Sprinkle gelatin over 3 tablespoons cold water; stir and let stand 1 minute.
- Add 3 tablespoons boiling water; stir until gelatin dissolves. Stir in lemon juice. Stir into raspberry mixture; chill until consistency of unbeaten egg white. Fold in whipped cream; chill 2 to 3 hours or until set.
- Spoon filling evenly into chocolate boxes. Top each box with one chocolate square, leaving partially open.
- Serve with remaining raspberries, and garnish, if desired.

Note: For testing purposes only, we used After Eight Thin Mints.

Nutrition Facts

PROTEIN 4.5% **FAT 59.04%** **CARBS 36.46%**

Properties

Glycemic Index:14.89, Glycemic Load:31.57, Inflammation Score:-9, Nutrition Score:32.975217311279%

Flavonoids

Cyanidin: 19.46mg, Cyanidin: 19.46mg, Cyanidin: 19.46mg, Cyanidin: 19.46mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg, Epicatechin: 1.5mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 1349.6kcal (67.48%), Fat: 88.8g (136.62%), Saturated Fat: 54.07g (337.94%), Carbohydrates: 123.38g (41.13%), Net Carbohydrates: 102.22g (37.17%), Sugar: 83.24g (92.48%), Cholesterol: 38.66mg (12.89%), Sodium: 51.08mg (2.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 134.4mg (44.8%), Protein: 15.24g (30.47%), Manganese: 3.57mg (178.59%), Copper: 3.03mg (151.72%), Iron: 20.39mg (113.28%), Magnesium: 395.7mg (98.92%), Fiber: 21.16g (84.65%), Phosphorus: 548.25mg (54.82%), Zinc: 5.83mg (38.85%), Potassium: 1301.94mg (37.2%), Selenium: 12.9µg (18.43%), Vitamin K: 16.53µg (15.75%), Calcium: 156.52mg (15.65%), Vitamin C: 12.36mg (14.99%), Vitamin B2: 0.21mg (12.52%), Vitamin A: 559.47IU (11.19%), Vitamin E: 1.64mg (10.92%), Vitamin B3: 2.06mg (10.32%), Vitamin B5: 0.92mg (9.25%), Vitamin B12: 0.52µg (8.63%), Vitamin B1: 0.08mg (5.21%), Vitamin B6: 0.1mg (4.99%), Vitamin D: 0.48µg (3.17%), Folate: 11.9µg (2.97%)